

**LEVEL 3**

**CORE CYCLING SKILLS**



CyclingCANADACyclisme

**2017**

# Level 3 Course Outline

## Objective

This course is designed for children of the general age (9-14) who are required to ride on the road, and/or adults who would like to learn traffic handling skills and the rules of the road. At the end of the course, students should feel comfortable riding on residential and some urban streets. The course will be conducted online and on the bicycle.

\* Students should have completed Level 2 or be able to demonstrate their ability/skills to the instructor on the first day of class. An online requirement must be completed ahead of time and presented to the instructor.

## Total Time: 8 hours

1. Pre Course Preparation, Introductions and Registration
  - Maximum class size should be no more than six (6)
2. Safety Review (before getting on bike)
  - Helmet Information and Fit
  - Brain in a Crash
  - Bicycle Adjustment and Fit
  - Basic Bicycle Inspection- ABC Quick Check
3. Safe and Effective Cycling
  - Crashes and Collisions (review)
4. Handling Skills
  - Rock Dodge
  - Threshold Braking
  - Slalom
  - Quick Turn
  - Figure 8
5. Basic Traffic Dynamics (review and on road)
  - Traffic Cycling Principles
  - Where Do You Ride?
  - Traffic Dynamics- MVPC
  - Lane Width and Positioning
  - Parked Cars
  - Intersections and Positioning
  - Destination Positioning
  - Right Turn Only Lanes
  - Turning Left as a Vehicle

- Lane Changes
  - Railway and Streetcar Tracks
  - School Buses/Trucks
  - Bicycle Lanes
  - Cyclists: in front, behind, NOT BESIDE
  - Stay BEHIND turning vehicles
6. Games
- Incorporate game(s) during handling skills based on the skill level of the students
7. The Bicycle
- Choosing a Bike
  - Types of Bicycles
  - Bicycle Security
  - On-Road Toolkit
8. Concurrent Topics (during the handling skills session, review)
- Safety equipment (lights, bells, etc.)
  - Clothing and carrying things
  - Bike types and uses
  - Bike Parts
9. Next Steps
- Practice tips
  - Level 4 Advanced Cycling Skills
10. Recap
- Questions
  - Debrief
  - Course evaluation